

## LIMITS OF CONFIDENTIALITY

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### 1. ABOUT CONFIDENTIALITY:

Everything that happens in therapy is strictly confidential and protected under the law. Your therapist cannot discuss anything about your therapy, or even identify that you are a client, unless you give your written permission. There are some instances in which a therapist is required to break confidentiality under the law. These include:

- If you intend to harm another person, I am legally required to warn the authorities and the person you intend to harm and/or his/her family.
- If you pose a life-threatening danger to yourself, I have an ethical duty to take action to protect you, which may include warning the authorities and/or your family members.
- If you disclose that you or someone you know has been, or is, involved in child abuse, elder abuse, or abuse of a disabled person (between the ages of 18 and 64), I am legally required to make a report to the appropriate authorities.
- If your therapy costs are covered or partially covered by insurance, the insurance company will require, at a minimum, a diagnosis and the dates of service. Many insurance companies also require a written progress report and treatment plan. When you sign your insurance claim form, you are waiving your right to confidentiality and granting them access to your records.
- If you become involved in legal matters that involve issues of your medical or mental health, you may be giving up some of your rights to confidentiality. In such a case, your medical records (which include mental health/therapy records) may be subpoenaed. Questions regarding the limits of confidentiality under those circumstances should be discussed with your attorney.

## 2. CONSULTATIONS:

I regularly consult with a team of licensed therapists in order to provide the best possible service to my clients. Therefore, I reserve the right to consult and discuss pertinent information within this context. If your case is discussed, no personal information will be used that might identify you to the other therapists.

## 3. CONFIDENTIALITY IN COUPLES OR FAMILY THERAPY – “NO SECRETS POLICY”:

When I work with a couple or a family, I consider that couple or family my “patient” as one entity. During the course of my work with a couple or a family, I may see one of the spouses, one or two siblings, one parent, one child, etc. separately for one or more sessions. If you are involved in one or more such sessions with me, please understand that while generally these sessions are confidential toward third parties (with, of course the same limits as I previously described), I may need to share information learned in an individual session with the rest of the family or the other partner in the couple, if I am to effectively serve your relationship as one entity. I will use my best judgment as to whether, when, and to what extent I will make disclosures, and will also, if appropriate, first give the concerned person the opportunity to make the disclosure. Thus, if you feel it necessary to talk about matters that you absolutely do not want to be shared with your partner or anyone else in your family, you might want to consult with an individual therapist who can treat you individually.

I have read and understand the limits of confidentiality as described above, and I agree that my therapy will be conducted within these safeguards and exceptions.

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Patient Name (please print)

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Signature of Patient (or authorized representative)

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Date